

# BRIDGES

WEDNESDAY, OCTOBER 9, 2013

## CITY FACES:

Up close and personal with the  
Arabi Quartet **P. 8**

## MUSIC:

History lives in Paddy  
Tutty's sweet songs  
**P. 15**

## ON THE SCENE:

At the SWN Vacation  
Dinner — A Fairy Tale  
Ball **P. 22**

# BILLION DOLLAR LENTIL MAN

HOW ALFRED SLINKARD  
QUICKENED THE PULSE  
OF SASKATCHEWAN FARMING **P. 10**



FREE



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## # ON THE COVER PG. 10



Saskatoons/Wenonah Panners grow 96 per cent of Canada's lensils. Photo: GUY LAWRENCE, PULSE NETWORKS

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Stollwood's Riverdale neighbourhood has a laid-back feel. (Photo: Daren Legg) Photo: MICHELLE BERG

### CORRECTION:

In the Oct. 2 issue, the Sharp Eats column contained incorrect information regarding Cori's original dish in Regina. The opening was scheduled for mid-November. Bridges regrets the error.

### BRIDGES COVER PHOTO BY MICHELLE BERG

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# IN THE CITY

# OCTOBER 9, 2013 - 7:11 P.M.

## Lighting the way



Participants and friends gather to test their "Lucky Legs" for the Leukemia & Lymphoma Society's Light the Night Walk at Andrew Merriman Park last Saturday. Hundreds of people carried illuminated lanterns to bring light to the dark world of cancer. During LLS's 20th annual walk, thousands of participants, dedicated to the cause, carried lanterns for blood cancer survivors in red, one in yellow as a symbol of a second chance. (Kelli Stelljes/PHOENIX) (Kelli Stelljes/PHOENIX)

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## YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # MY FAVOURITE PLACE

# Reporter appreciates the diversity of Riversdale

By Angelina Irinici

Deyo Levy remembers a very different 20th Street in Saskatoon while he was growing up. Now the CTV digital reporter resides in the Riversdale neighbourhood and takes full advantage of the changing area. He says that he appreciates the diversity of Riversdale and sees the positivity in a gentrifying street. His favorite place to take it all in is at the Park Cafe where he says he's slowly gaining "regular" status even though those who have been stopping by the cafe for decades. Around once a week, Levy gets a cup of coffee from friends or reads a newspaper at the cafe on his favorite street in Saskatoon.

**Q. Why do you love the Riversdale area?**

**A.** I love it because I've been coming to Saskatoon since I was a kid. My mom's side of the family is all from here and I find 20th Street especially between avenues A and L is just so much different from when I was a kid. Everyone talks about how Saskatoon is growing, expanding, or becoming, or whatever you want to call it, and 20th Street is the best kind of evidence for that because it's kind of representative.

**Q. What has changed since you were a kid?**

**A.** It was the street that you didn't go to. In a really big way. Every thing went off Highway 1, you can imagine it had bars and I don't think that necessarily fit the area we're at now. But today there's definitely not the mentality of that part of the city. It's a pretty happening place and lots of different people are moving into the area.

**Q. Are you happy to see the area change?**

**A. Absolutely.** That's what I love about it. You've got the gentrification side of things, like you've seen more upscale spots, but you've also



"Saskatoon is growing...and 20th Street is the best kind of evidence for that change. It's kind of impressive," says Levy Levy at the Park Cafe. IMAGE: PHOTO BY MICHELLE BERG

got the Mississauga thrift stores on either side of the road. You can make a day out of both — go for a sugar snap cup of coffee, then pick yourself up a cheap bed if you need to.

**Q. What kinds of things do you do in the area?**

**A.** I do spend a lot of time here at the Park Cafe because I live around the block. I spend a lot of time people watching and eating breakfast. That's also another favorite thing about that part of town, how

many different people you see. It's a big corridor for moving people from one end of town to the other, and you've got the weird mix of things — working-class business and people living around the area, and they all come together.

**Q. What do you like about the Park Cafe?**

**A.** Part of it is the proximity to my house, and the sheer awesomeness of the eggs benedict. I'm a sucker for the hollandaise. It's too bad for the fitness thing, but what are you

going to do? I think about my neighbourhood that's the I mean stretches that's the I mean stretches I've never seen. In here, you could be eating breakfast in an establishment in one booth, then you could have an attraction window behind you and you could have someone who just came from lunch at the Rendezvous grabbing a coffee at the bar.

**Q. What's your favorite thing about the area?**

**A.** The diversity. I think it's good for people to see people from different walks of life in their day-to-day

lives about the city. I think that helps better people.

**Q. Would you like to see the area change even more?**

**A.** Absolutely. I think Riversdale has that ever-present debate between gentrification or sprawl and a fear that people are getting pushed out. Of course there are going to be challenges with how you navigate that, but I do think that's there's room for everybody. This part of town will keep getting better.

# READ MY BOOK

**LOCAL AUTHORS:**  
Writers tell us what makes their book  
worth reading



# HOWARD H. BIRNIE

## Romancing the Tee Shot: The Five-Iron Murder

I thought it may be a good idea to write my third novel employing three literary styles, or genres, as the experts call them. I would try to create a fabric consisting of colorful threads from sports, romance and mystery. This would attract readers from all three interest groups and should be a boon to our home-based self-publishing business run since 2000 with my wife as partner. Learning the distribution and marketing game has also been a great challenge for me.

Howard's last book was

do not read books as much as women. It was any hidden truth that blinding golf with the other two genders might tease them to read at least one novel, thus peer.

It turns out that the categorization was quite a challenge, especially for a retired science teacher whose academic background is not in English.

My protagonist is a 30-year-old female university graduate named Linda who has decided to broaden her teaching career to try to make it as a professional golf player. I try to describe the narrative

of trials of these young women, as they compete for a living on a golf tour that winds through the United States and into the Prairie provinces of Canada.

Since I have played competitively for many years, a careful analysis of the great game of golf carries the plot. Our son a golf professional caused I did not make serious golf errors.

stry along novels not to dodge sensitive current social problems. The reader these stories our heroine and a good anti-rape philosophy student. Young adults would enjoy following

their story as they wrestle with the temptations of promiscuous sex. The whole problem of the government as captured between Linda and her estranged to when she abandoned the family when she was 17. One of Linda's golfing friends is involved in a same-sex relationship. Prideless amateur golfers have lots too.

Finally Linda's daddy is found murdered in a motel and her fingerprints are everywhere. Unveiling the romance and golf through the mystery story will lead to a solution that even the most skilled case solvers wouldn't guess. Let me know what you think of novels that mix literary genres. This book is available at McNally Robinson and Book Mall. Call or visit

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# CITY FACES

# AMATI QUARTET

## Quartet's first concert features young musical talent

Angelina Irinici

The University of Waterloo Amati Quartet is preparing for its fifth season, with the first concert on Monday. The group plays on rare Amati instruments — out of the three sets in the world, theirs is the only one being used. The four instruments were made in Italy during the 17th century. An original homebuilder in Kastelruth collected Amati instruments and kept the quartet's owner as a string specialist. They were later sold to the U of W as part of a "successor" to explore first violinist and director Maria Cole.

"We are extremely proud to be able to play these rare," she says.

During the second half of the season, the quartet will begin the monotonous task of completing the Beethoven cycle — 16 string quartets in six concerts. They will begin the Olympos challenge in January and play the second concert in March.

"It really is every concert cause driven to play all 16," says Cole.

But first, the quartet will perform Bach, Viotti and Mendelssohn during the opening concert. Cole has found that most young, local musicians perform at the shows.

"We have found we are competition winners. These are the next generation of musicians who are going to be great and famous."

The following is a glimpse of four of the six guest performers:



PHOTO COURTESY OF HANS DEASON

### Hans Deason

AGE: 19

INSTRUMENT: Cello

LENGTH PLAYING: 5 years

**WHAT IT'S LIKE TO BE CHOSEN AS A GUEST PERFORMER:** "I'm always looking for opportunities to perform. It's great to get this opportunity."

**WHAT PIECE HE'S MOST LOOKING FORWARD TO PLAYING:** The Mendelssohn Octet. "It's really fun to learn and there never seems to be a dull moment."

**OTHER MUSICAL INVOLVEMENTS:** Saskatoon Music Festival, tested last summer with a Stouffville Youth管弦乐队.

BIGGEST MUSICAL ACCOMPLISHMENT:

Winning on a provincial level at the Saskdoor Music Festival.

**SCHOOL/JOB:** Studying mechanical engineering at the U of S. Engineering can get really heavy at times so it's great to escape from it with the cello."

**WHAT MUSIC MEANS TO HIM:** "It's something to escape from everything else. I love music in my life in ways that I never could if music wasn't part of my life."

**BIGGEST CHALLENGE WITH INSTRUMENT:** Trying to learn and play the most difficult tech-

### Arthur Boan



PHOTO COURTESY OF ARTHUR BOAN

AGE: 20

INSTRUMENT: Violin

LENGTH PLAYING: 16 years

WHAT IT'S LIKE TO BE CHOSEN AS A GUEST PERFORMER:

"It feels great. It's nice to be appreciated after the work you do."

WHAT

PIECE

HE'S

MOST

LOOKING

FORWARD

TO

PLAYING:

The Mendelssohn Octet. "It's just glorious. He does a lot with his harmonics and his includes are amazing."

**OTHER MUSICAL INVOLVEMENTS:** Saskatoon Youth Orchestra, Saskatoon Suzuki Strings, Saskatoon Symphony Orchestra.

Continued on Page B

The following is a glimpse of four of the six guest per-

# Heather Wilson

AGE: 26

INSTRUMENT: Violin

LENGTH PLAYING: Violin for 22 years; violin for 15

**WHAT IT'S LIKE TO BE CHOSEN AS A GUEST PERFORMER:** "It's great. The reason that we're playing is some of my favorite..."

**WHAT PRICE SHE'S MOST LOOKING FORWARD TO PAYING?** "I'm looking forward to playing Beethoven's Concerto No. 5. It has two solo violin solos and it's a thrill for me to learn that piece and perform it."

**OTHER MUSICAL INVOLVEMENT:** Saskatoon Symphony Orchestra, Native Virtuosi, teaching with Suzuki program

**BIGGEST MUSICAL ACCOMPLISHMENT:** Finds it in chamber music. "You can work with your mistakes and decide how you want to play it."

**SCHOOL/GOALS:** Research assistant and teacher-in-training



**WHAT MUSIC MEANS TO HER:** "It's mostly a way of communicating. When I'm teaching a new instrument, I hope I can teach them to create it."

**BIGGEST CHALLENGE WITH INSTRUMENT:** Finding solo repertoire for the violin.

# Joel MacDonald

AGE: 26

INSTRUMENT: Cello

LENGTH PLAYING: 21 years

**WHAT IT'S LIKE TO BE CHOSEN AS A GUEST PERFORMER:** "It's a great honour."

**WHAT PRICE HE'S MOST LOOKING FORWARD TO PAYING?** Beethoven's Concerto No. 3. "It's like a party for strings. It's a really fun piece."

**OTHER MUSICAL INVOLVEMENT:** Regina Symphony Orchestra, and Saskatchewan Symphony Orchestra.

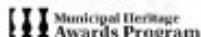
**BIGGEST MUSICAL ACCOMPLISHMENT:** Last summer he was invited to play in the Young Orchestra of the Americas. "It was really rewarding to see all the different talents that other musicians have."

**SCHOOL/GOALS:** Studying music education at the University of Regina.



**WHAT MUSIC MEANS TO HIM:** "I couldn't imagine not having music as part of my life, which is why I'm studying to be a music teacher. I want to help other kids have music as a part of their lives too."

**BIGGEST CHALLENGE WITH INSTRUMENT:** "You've got to sit on one long and hard to make it sound at once."



## CALL FOR NOMINATIONS

The City of Saskatoon, through its Municipal Heritage Advisory Committee, is recognizing work in heritage preservation in Saskatoon through the presentation of Awards/Certificates, under the following:

### (A) BUILDING, SITES & GROUNDS

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- (vi) Heritage Space

Definitions for each category are provided on the application form.

### (B) VOLUNTEER PUBLIC SERVICE

This category is open to both individuals and groups who have demonstrated a long-term commitment to archaeology, history, museums, historic buildings and sites, genealogy and folklore.

### (C) EDUCATION

This category is open to both individuals and groups for undertaking endeavours which enhance the public understanding and appreciation of the City's natural and human heritage.

Entry forms are available on the City's website, at [www.saskatoon.ca](http://www.saskatoon.ca) (select "h" for Heritage Awards), and from Main Reception Desk, Front Lobby, City Hall, Saskatoon S7K 0J5.

The deadline for submissions is Friday, November 8, 2013 at 5:00 p.m. Any program completed prior to September 1, 2013 is eligible, including non-award winning submissions from past years.

For further information contact Sarah Nixon at 652-1479 or e-mail [snikon@engpurpose.ca](mailto:snikon@engpurpose.ca).

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# ON THE COVER

The lentil production recipe had more to do with (Slinkard) than anyone — Lee Moats

# ALFRED SLINKARD

## Crop researcher a pioneer for Sask. lentil industry



Alfred Slinkard at his home in Saskatoon's Persian Hill neighbourhood. He came to the University of Saskatchewan in 1912 to work at the new Crop Development Centre. **RUBBISH PHOTO BY MICHELLE RING**

**By Jenn Sharp**

When Dr. Alfred Slinkard began developing lentils, he had no idea his work would have a billion-dollar impact on Saskatchewan's economy.

Slinkard came to work at the new Crop Development Centre (CDC) in 1912 at the University of Saskatchewan and quickly realized Saskatchewan's legume potential.

"I saw all this agricultural land,

so millions of acres, and only a handful of people working on crop research at that time," he says. "I thought, 'look, there's a lot of potential here.'"

At that time, Saskatchewan's main crops were wheat, particularly winter. Oilseed crops were grown in small numbers. Protein crops were almost unknown.

"We needed a protein crop in Saskatchewan," says the affable

88-year-old scientist.

In the late 1920s, a wheat surplus led to rock-bottom prices and hardship for the province's farmers. The CDC was founded as 1912 to advance economic returns by its pea breeding project at the University of Idaho before coming to Saskatchewan. Then he started thinking: "Peas and lentils grow in similar climates. If peas can grow here, then lentils must be able to grow here."

He sought funding from the Land and Re-

source Board.

Slinkard, who was born in Rockford, Wash., had been working on a pea breeding project at the Uni-

versity of Idaho before coming to Saskatchewan. An imported variety from Washington.

"Some farmers were desperately trying to grow something because they couldn't grow or sell their wheat. They did not have the right equipment or anything," he says of the faltering local production.

Big and bright really catches the customer's eye; when you have a cellophane package and you can see the seed's size and colour. So I said, 'OK, we'll go with the big seeded one.' — Alfred Slinkard

By 1974, he had chosen what he thought to be the 10 best producing lentil varieties. He conducted a yield trial with them on small plots. After three more years of research and development, Slinkard had to decide which lentil he'd like to introduce. He approached it like a good sales man would — with the customer in mind.

"Big and bright really catches the customer's eye, when you have a cellophane package and you can see the seed's size and colour. So I said, 'OK, we'll go with the big seeded one.'

He figured that big green needed more than Lentil Lentil. Producers began growing it for him in regional trials. The new crop prospered in Saskatchewan even though it probably isn't well suited to the Latte lentil because the first Canadian lentil variety.

Through further crop trials with farmers, Slinkard learned that the land did not have to be left to sun

over fallow (unplanted) for a year after lentils had been grown. The ad varieties were commercial.

"You can get a crop every year. You don't waste time and money letting land sit or idle."

Todd Riedel, a provincial specialist for pulse crops with the Government of Saskatchewan, says it was a time of development that added multiple benefits to farming practice. Lentils leave residual nitrogen in the soil for the next crop. This helped to improve the sustainability of crop rotation. Some smaller crops are vulnerable to insects and disease; adding a different crop to the rotation breaks up those disease and insect cycles.

If provided an entirely new sector to the farming industry, Riedel believes, it made farmers that much more able to compete and more efficient in the world markets for crops, "says Riedel, statement on page Q.



A local crop gets harvested north of Regina. PHIL HAWKINS

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(Shinkard) was breaking new ground in terms of research and we were growing new varieties and commercializing it. It was our first opportunity to have an open market. We turned the whole world upside down. — Greg Simpson

By 1986, Lentil was the most widely grown lentil variety in the world, with more than one million acres grown in Saskatchewan. There's currently about 3.5 million acres sowed to lentils annually.

"I above and beyond anything I could have ever dreamt of," says Shinkard, a huge grin spreading across his face.

He released the Raks Lentil soon after in 1988, which is now the market class for small-seeded green lentils. (There are two other market classes, one for red lentils of any size and one for intermediate small green lentils.)

Canada is now the world's largest supplier of lentils. An industry worth \$1.3 billion in Saskatchewan, 98 per cent of Canada's lentils come from this province.

Getting Saskatchewan to this point did not happen overnight. Shinkard had to convince farmers who had farmed grain for generations. At first, it was a hard sell.

"They didn't have the equipment or the experience. The only thing I had going for me was the fact that the wheat price was so low."

Shinkard made many trips in those days from scientist to salesman. He travelled throughout Saskatchewan talking to farmers and seed companies about his new crop.

"My selling point was A, B, C: Any thing beats canola. I used to get their attention."

"He was a promoter. If I know some-thing he was quite willing to promote it and he did an excellent job of that," recalls Lou Moate, the vice-chair of Saskatchewan Pulse Growers (SPG).

In a practice where fall plowing or root crops were the norm, harvesting equipment was not designed to pick up the low-growing lentils without also picking up bags of dirt and rocks. As farmers began growing the Lentil King, they also modified their harvesting equipment.



Alfred Shinkard's Lentil variety which helped kickstart Saskatchewan's billion-dollar pulse industry.  
PHOTO COURTESY SASK PULSE GROWERS

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**T**hey didn't have the equipment or the experience. The only thing I had going for me was the fact that the wheat price was so low. — Slinkard

"More and more people got growing it and making money at it," says Slinkard.

For the next 15 years, the limit acreage in Saskatchewan increased every year. The prices also went up.

"It was unbelievable!" he exclaims.

Those were exciting, pioneering times for Saskatchewan agriculture recalls Garry Sampson. When Sampson was a student at the U of S in 1971, Slinkard was his crop science professor. Sampson started a seed business with his brothers Tim and John and sold him in 1996.

He worked closely with Slinkard in those years, telling him about the challenges farmers were having with leaths and looking for solutions.

"Slinkard was breaking new ground in terms of research and we were growing new varieties and understanding them."

"It was our first opportunity to have an open market," he says. "We turned the whole world upside down."

Bompson Seeds' wheat rose from four locations, bags worth from \$8 to \$10, to an farmers and exports to 70 countries worldwide. Sampson says he owes everything to Slinkard's legacy.

"Our company is here today because of Al Slinkard."

Spending time with Slinkard is like reading a history on Saskatchewan even forming A member of the Saskatchewan and Canada Agricultural Hall of Fame, he's as sharp as ever. He relates stories from those early days, like the decision to move to Saskatchewan. He and his wife, Muriel, had four school-aged children when they left their home in 1958 and they weren't sure they wanted to take the kids out of school. In the end, he decided to make the move and settled on February 1, 1959, a day with a temperature of minus 60 degrees Celsius.

"I had an old pickup and the doors didn't quite shut right tight," he recalls with a laugh.

When the city folks got to Slinkard he and Muriel moved to a 100-acre farm east of Saskatoon where they

would stay for 30 years.

"Like not educated to country life," he says of the woman he called a "city girl."

In 2008, Slinkard suffered an aneurysm and stroke. They had to move back to Saskatoon. The couple's son, Ray, now lives and grows crops at the farm. Their oldest child works at Washington State University. Their oldest daughter Peggy is in Frenchy

now, while their youngest daughter, Roberta, works at the Co-op in Brandon.

Muriel, whom he calls "mom," grows Slinkard a dish of lasagna once a week — one soup of meatball and one of strawberry. They moved into a comfortable apartment in Saskatoon's Preston Park retirement complex in April. Prosthetics are no longer needed. Places are arranged

around two arm chairs in the living room while a variety of potted flowers decorate their south-facing balcony.

The couple recently celebrated their 60th wedding anniversary.

"I lost her the other day. I'm going to keep her for another 10 years."

In July, Slinkard was presented with the Pulse Legacy Award by Pulse Day Canada and the SPG, an orga-

nization he helped found with John Barnes Wehren, a special crops specialist who died in 2006, to form the organization that would represent pulse growers by researching, developing and marketing crops and creating demand worldwide. Today SPG represents about 25,000 pulse growers in the province.

Continued on page A4  
PHOTO BY BRAD SPENCE FOR THE STAR



Alfred and Muriel Slinkard in July. Alfred was given the Pulse Legacy Award by Pulse Day Canada and the Saskatchewan Pulse Growers. (BRAD SPENCE FOR THE STAR)

I saw all this agricultural land, 45 million acres, and only a handful of people working on crop research at that time. I thought, 'man, there's a lot of potential here.' - Skunkard



Alfred Skunkard tells stories to people gathered for a dinner in his honour, where he was presented with the Peter-Lugency Skunkard Lifetime Club in Innovation Award. PHOTO COURTESY ERINNE PHOTOGRAHY

Results from Skunkard's work are more likely the world's leader for pulse crop development, protein and leaf production and exporting, quite an enviable spot. Other jurisdictions in Canada and the United States strive to compete with Saskatchewan, often sending researchers here to study.

"This is amazing because we didn't even grow pulses previously. In when Al introduced them," he says.

Monsanto is a former near-Berlin, southeast of Regina. He first met Skunkard as a student at U of R in 1957. Maita was recently finding his statistician colleagues who had professed great Skunkard-faith in.

"Two classes with Al and I suddenly understood stats about statistics. I went from thinking to getting an A. Al was the guy; he just had a way of explaining things that clicked with my mind."

Monsanto later worked for Saskatchewan Agri Culture as an agricultural representative. He was based in Bourassa then, a hub for the new leafy production. He turned to Skunkard often for clear and concise explanations

"Al was the fellow that you called when you didn't know what was going on, which was quite frequently like we was absolutely wonderful that way. He always had time for you."

Now, now that he's retired, he's still someone that you can turn to and get information that's very useful about crop development," says Maita.

Skunkard's research didn't stop at Berline. He continued to work in pea development for another large export market for Saskatchewan, along with chardons. He retired from the U of R in 1986.

Not one to sit idle, he began a project on space breeding. Skunkard developed several varieties of flax, flaxseed, pea, canola and canary variety of flax suited for growth on the Prairies. Throughout it all, he was always able to connect the science with the people who could benefit from it.

"Al played the vital role of getting science and people together. The lead production guys had to move to do with him than anyone," says Maita.

[www.thephoenix.com/business](http://www.thephoenix.com/business)

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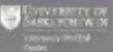
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# MUSIC

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# BRITISH FOLK SONGS

## History lives in Tutty's sweet songs



Saskatoon folk artist Paddy Tutty plays her sweet-sounding concertina, made by Charles Jeffreys in England in 1894. Bridges photo by Michael Mills

By Ashley Martin

Many songs tell a story but few are so epic as Paddy Tutty's.

Even though some of the traditions she tells in the songs have appeared in 40 versions, the Saskatoon folk singer

doesn't have a problem remembering the lyrics.

"You learn the story and at least it's logical," she says with a laugh. "And actually many of these ballads are from oral traditions so they were always sung without having a lyric legend."

She doesn't sing anything they were told like stories.

"In some ways non-narrative songs for me are harder to learn than ballads just because they don't tell a story and they're not necessarily logical."

Tutty gravitated to traditional British folk decades ago, the music of her ancestors who had left from England, Ireland, Scotland and Wales.

And in 2008, when she began researching her family's genealogy, music and history collected,

"I was kind of in this headspace of 1800 and looking at all these old records online. On one hand I'm doing all this genealogy and on the other hand I've been paging all this music for ages, but none of it kind of fit home a bit easier."

Many of those ballads are from oral traditions, so they were always sung without having a lyric sheet or anything; they were told like stories — Paddy Tufty

But it was a Jordi Buitrago concert, and not a history review that offered Tuffy her first introduction to one of her favoured instruments, the British dulcimer.

Years ago, "I was at the last row of the third balcony in TSO Place, which was called the Centennial Auditorium at the time, and seeing Joni Mitchell, and she had a dulcimer." It sounds like a bright-toned, high-pitched guitar but it's played on the lap.

The concertina is a sweet sounding accordion-like instrument, is another favorite. And guitar is always a staple.

Tutty's old style met new technology for the first time in recording her last album, *The Last Holdout*, with engineer Paul Gribble. It was released this month.

In her sixth album but her first done digitally she last recorded an soundtrack producer Ian Thornby 15 years ago and has been collaborating with

For more information about the study, contact Dr. Michael J. Hwang at (319) 356-4000 or email at [mhwang@uiowa.edu](mailto:mhwang@uiowa.edu).

TOON TIME

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- |  |  |
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| <b>October 13, Drop-in, 2 to 4 p.m.</b><br>Artful Thanks<br>Make art for Thanksgiving.   | <b>October 27 at 2 p.m.</b><br>Knitting Workshop for All Ages.<br>Glenda Hudson gets you started by guiding you through knitting a square. Materials provided.   |
| <b>October 20, Drop-in, 2 to 4 p.m.</b><br>Art with Moving Parts.<br>Celebrate Innovation Week by building a sculpture that moves.                 | <b>November 3 at 2 p.m.</b><br>Mechanics and Art Workshop for Youth and Adults.<br>Learn to switch on lights and spin motion with DC batteries and hand-made generators. Materials provided. Call Carol at 305-975-8144 to register. |
| <b>October 20 at 1 p.m.</b><br><b>Curator's Talk/Tour.</b><br>Join curator Lisa Beldiessera for a talk/tour of the exhibition Rewriting Modernity. |  |

"You remember old analog? No one does. Analog was recording on actual magnetic tape, two inch magnetic tape with different channels."

As technology has changed, so has Turtur's approach to the *maida corner* she started in the early '80s.

"I'm not 20 years old anymore," she says. "I had a lot of island anesthesia when I started doing this too. You're just going to you just do it. I did that probably for 10 years, that kind of crazy crazy. You'll play anywhere, I will go and get me. The problem is it was that 30 years ago, it's still pub rock and that's not what the rest of living is anymore."

That said, she plans on getting around Saskatchewan soon. You can catch Tatty at Saskatchewan's The Rose next on Nov 1 as she opens for David Bowie.

She's due for a show in Vegas too, though nothing has been scheduled yet.



Please, Party like you have never seen it before! Photo by Michelle Arribalzaga

Attention Literacy Coordinators!

**Application  
Deadlines:**  
October 31, 2012



We invite your organization to apply for funding from the 2013 Leader-Post and The StarPhoenix Raise-a-Reader campaign. The Raise-a-Reader program raises funds and awareness in support of family and children's literacy programs in Saskatchewan.

Reader-a-Reader funds raised at numerous events throughout the year are now available to support the important work you do: helping parents and children develop strong literacy skills.

Funding application forms are now available on the Sealakotishewen Literacy Network website.

For more information please contact  
Saskatchewan Literacy Network  
Phone (306) 784-1854 or 1-888-511-2111  
email [marlene.sleman@sk.ca](mailto:marlene.sleman@sk.ca)

**LEADER POST**  
The StarPhoenix



**NEXT WEEK:** What tips or advice can you offer other parents on potty training? Did you try the three-day method? Did it work? Email [bridesas@thestarphoenix.com](mailto:bridesas@thestarphoenix.com)

PARENT TO PARENT

Each week Bridges, in connection with [SaskatoonMoms.com](http://SaskatoonMoms.com), gathers advice from parents to share with other moms and dads. This week we asked:

## *How do you ensure quality time in your family?*



"When I come home from work, I work at the airport in my free time to help pay my bills so I can have [the] opportunity to travel."

"Very true that we are superheros as a family at a quality time, whether it's your sitting down to eat meal together, watching a movie or going for a walk. It's important to make time for the family so everyone has each other's company." —Caiti Costello

Important: We take our kids out camping pretty much every weekend from May to September which really helps ensure the time we have together is quality. Every night we try to eat supper as a family so that we can catch up with each other. My weekends are reserved mostly for my kids and activities with them all year round!"

- Michelle Groodell

"We love watching movies on our bed! We all get to snuggle! Have fun time!" — Lucia Howard

\*Make sure nothing else is allowed to go in the

# **Authentic Amish Cooking**



## Pumpkin Custard Pie

1 1/2 C. Pumpkins	1 1/2 C. Sugar
2 T. Flour, rounded	1/2 t. Cinnamon
4 Eggs	1/2 t. Nutmeg
1 t. Vanille	4 C. Milk
Brown Salt	



Brownie mix and beat until soft milk. Turn out of eggs whites and fold in all the other ingredients. Set well. Add egg yolks and fold in to mixture. Stir well. Put in ungreased pan. Sprinkle cinnamon on top. Bake at 350° for 10 minutes. Reduce heat to 350° and bake until tooth done. Yield: 3 pax

## Potato Ham Breakfast Casserole

1 C Shredded Potatoes  
 2 C Rice, chopped fine  
 1/2 C Green Peppers,  
     chopped fine  
 1/2 C Bacon  
 1 C Milk  
 1 T Pepper

Preheat problems in bottoms and sides in 10 minutes. Cook for 10 minutes. Combine beans, cheese and green pepper in a shallow dish. Break eggs, milk, salt and pepper over top; consider "Boil at 350° for 10 minutes. Turn upside down for 10 minutes before serving."

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# InStyle



**4 REASONS TO GET YOUR BOOTS**  
The season's hottest boot styles are here to stay. From classic leather to edgy, metallic designs, there's a boot for every look. See our picks on page 18.

**GOALS**



**+ STYLING  
FOR LESS**  
With the holidays just around the corner, it's time to start thinking about what you'll wear. Here are some tips to help you look great without spending a fortune.

**SHOP**



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WINTER IS HERE**  
Whether you're a fan of the cold or not, there's no denying that winter is here. Here are some tips to help you look great during the season.

**SHOP**



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WINTER IS HERE**  
It's time to update your wardrobe for the cold weather ahead. Here are some tips to help you look great during the season.

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# EYE CARE and YOU

## One in four school-age children has a vision problem

by Doris Read

for SP Creative Features

In a "visually demanding world," the Saskatchewan Association of Optometrists (SAO) can't emphasize enough the importance of early eye examinations for children.

Dr. Dorothy Barrie, SAO's Past President and Children's Vision Initiative Chair, reports that nearly about a third of parents of children aged from two years younger are bringing their children in for eye exams, and half of them are

According to last year's Saskatchewan Health statistics, less than 40 per cent of children under the age of five received an eye exam, and less than 10 per cent under the age of three. And in fact, Barrie recommends infants have their first eye examination between six and nine months of age.

"Children should then have at least one eye exam between the ages of two and five

and yearly after starting school until they are 19," says Barrie. Optometrists recommend adults have an eye exam every two years, and annually for those who wear contact lenses, have health conditions that affect the eyes and those over 65 years of age.

"Parents can obtain all of these as a health profile in their child, but they often won't do so now with their physician," she explains. "A complete eye exam provides full assurance of vision and eye health that a simple eye-chart test or school vision screening cannot."

She says parents often think their children need to know their ABCs so go for an eye examination, but Barrie says that's not the case.

When infants are examined, optometrists will determine if their eyes are healthy, if eye movements and alignment are developing properly, and if the eyes are focusing together

and visual development continues into the toddler and preschooler years.

"It's important to remember that your child cannot describe how he is seeing because they have no point of comparison," says Barrie.

Many vision problems in children have no obvious symptoms, and one in four children have some form of vision problems; sometimes the child may just accept as normal, examine our children in this way they do it because of this, they may not tell their parents, or even have to tell their parents, that something is amiss.

Though not all vision problems have obvious symptoms, some of the more common signs something is wrong with a child's vision include headaches or irritability, avoidance of near or distance work, covering or rubbing the eyes, tilting the head or unusual postures while reading, using a finger to maintain place while reading, losing their place while reading,

omitting or confusing small words while reading, or performing below their potential.

Additionally, 20/20 distance vision does not necessarily equal healthy eyes or that there are no binocular vision issues, says Barrie. "Children may have one eye that is doing most of the work."

Children are naturally adaptive and therefore will compensate unnoticeably, explains Barrie. Called "suppression," the brain automatically shuns the image from the blurred or misaligned eye, causing the visual cells for that eye to poorly develop and remain small and immature.

"If not detected at a young age, it becomes permanent," warns Barrie. "The child through adulthood will have a permanent visual impairment that cannot be corrected with glasses or surgery."

Since an estimated 80 per cent of learning is

Continued on next page

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## EYE EXAMS AN IMPORTANT PART OF YOUR OVERALL HEALTH ROUTINE

Our parents always told us that we need our eyes checked regularly, but is it necessary? What if we already see fine?

An eye exam is something you should consider as part of your overall health-care routine. Depending on your age and medical conditions you may require your eyes to be checked every one to two years. If you have diabetes or other risk factors you may need more frequent visits to catch problems early.

Even if everything seems fine, changes to your eyesight often occur gradually and you may not realize what you are missing. Your prescriber may have changed or you may benefit from corrective lenses when you've never needed them before. In addition, an Optometrist can evaluate your eyes for serious vision problems such as glaucoma and cataracts. Glaucoma has virtually no symptoms early on and without early detection can result in blindness. Regular eye exams will ensure the disease is treated before vision loss occurs. If you or any of your family members complain of sudden blurry vision or problems focusing, the sudden appearance of floaters, flashes of light or obstruction of vision, gradual blurring of vision, headaches, eye pain or strain, squinting, or eye irritation, it is important to book an appointment with your Optometrist even between your regular visits, as these can be indicators that your prescription has changed or is more serious problems.

Broadway Optometry is accepting new patients at 1005 Broadway Avenue. Book your appointment by calling 306-979-9430.

# OCTOBER IS EYE HEALTH MONTH

## Less than 40% percent of preschoolers have had eye exams

**Continued...**

most, it's crucial a child has eye examinations — especially when they are influenced daily by technology, spending far more time in front of computers, hand-held devices, white boards and television screens, says Barrie.

"Eyes tire. Eyes dry out," explains Barrie. "You don't expect to run a marathon every day, but we push our eyes to make thousands of eye movements every day which can lead to eye strain and fatigue."

Barrie also warns against buying glasses online from an unregulated source.

"It's less costly for a reason," she advises, noting almost half of eyeglasses ordered online fail at least one parameter of optical or impact testing according to a recent study. She recommends buying and getting fitted for glasses from a licensed optometrist or optician who can confirm the prescription ordered is accurate.



"Your child's optical prescription is only one piece of information that will be used when determining the best eye wear," says Barrie.

A trained and regulated optometrist or optician will ensure the frame is appropriate for the child's facial features and accessories, ensuring the frame sits level on the child's bridge/nose and is properly positioned so they do not slip out of position with head

movements. A proper fitting will also mean there won't be noticeable red marks on the nose or behind the ears after a few hours of wear — all things parents might not see if the glasses are purchased online.

The same goes if parents are purchasing contact lenses online for themselves or their children.

"Lenses that are sold online may not

be regulated and meet the criterion for a Canadian Medical Device, and therefore may not be approved for distribution in Canada," says Barrie, noting that there have been reports of contact lens wearers experiencing eye health problems after purchasing lenses online.

Barrie says the bottom line is more children need to be receiving eye exams at a young age and hope parents will take advantage of the fact Saskatchewan Health covers the cost of an annual eye examination for all children under the age of 10.

Furthermore, vision disorders are the fourth most common disability in children, notes Barrie.

"These visual and eye health problems can be detected and managed at an early age. The first step is having an eye examination at a young age." Think of it as a back-to-school pre-requisite.

Alred is a Saskatoon freelance writer.

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# ON THE SCENE

See more On the Scene photos at [Facebook.com/BridgesYXE](http://Facebook.com/BridgesYXE).

# SWN VACATION DINNER — A FAIRY TALE BALL



# ON THE SCENE

# SWN VACATION DINNER — A FAIRY TALE BALL



The Saskatoon Women's Network (SWN) held its annual Vacation Dinner on Oct. 3 at Phenix Park. About 450 attendees were encouraged to dress to theme for the Fairy Tale Ball. Guests enjoyed a variety of 11 different buffets, bought dinner tickets in advance and later self-selected to a three course meal.

Door prizes were awarded throughout the night along with a \$4,000 riced voucher. Women dressed as characters from popular fairy tales like Snow White, The Little Mermaid, Cinderella and the Little Red Riding Hood swirled around the dance floor.

The 2011 Vacation Dinner was the 20th anniversary event for SWN, a group that provides opportunities for its members to develop personal and professional goals through networking.

BRIDGES PHOTOS BY MICHELLE BERG

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OCTOBER 10TH

**Mosaic**

## Nuts About Nature At Beaver Creek Conservation Area



Hi there! My name is Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city. Come on out and have a look... nature awaits!

Guess what? You can send your questions to me at the address below!

Dear Chip,  
Do hummingbirds fly to Mexico when they migrate?

Your friend Taylor



Have you noticed the large flocks of birds flying south these days? Many birds are leaving our area to spend the winter in warmer places like Mexico and South America. Birds such as The Ruby-throated Hummingbird must travel to warmer regions to find the food they need to eat. Hummingbirds eat small insects and flower nectar, and you sure don't find those two food items here in Saskatchewan in the winter. Many birds, such as ducks and geese, migrate in large flocks. Hummingbirds however do not. These tiny little birds fly solo until they reach the Gulf of Mexico. Here they will join with large flocks of songbirds to make the 800 kilometre non-stop journey across the waters of the gulf! An amazing feat for a bird that only weighs about as much as a penny!

Send your questions to me at the address below then watch Bridges for the answers.

Your pal, Chip

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# EVENTS

## # MUSIC

**Wednesday, Oct. 9**

**Koots Series: The Steel Wheels w/  
James Stade**

The Basement,  
202 Fourth Ave., North

**Offshore Home w/ Edensale**  
Venice Tavern,  
1221 Broadway Ave.

**Thursday, Oct. 10**

**LITTLE MISS HIPPIE w/ The  
Wingwings Five**  
Broadway Theatre,  
775 Broadway Ave.

**Book of the Week**

Crackers Restaurant and Lounge,  
#1-221 Pinhooker Dr

**Rockwood**

Buds on Broadway,  
817 Broadway Ave.

**Corn-Penner w/ Miss Gloucester**  
Vergil's Tavern,  
801 Broadway Ave.

**Friday, Oct. 11**

**Hipp Roff**  
Buds on Broadway,  
817 Broadway Ave.

**Home Friday w/ Ray Sakschow**  
Jesus Dove Series: Journeys Barbers  
and Tim Vaughan  
The Basement,  
202 Fourth Ave., North

**Dan McConnell Stand**  
Army & Navy Veterans Club,  
359 First Ave., North

**Oktoberfest with Ralph's Rhythm  
Kings**  
Fairfield Senior Centre,  
132 Fairmont Court

**The Standards Trio**  
Michèle Johnson,  
7100 Eighth St. East

**Donnie Anagnos & Company**  
Total Town Tavern,  
1330 Fairlight Dr



The Steel Wheels are at The Basement on Wednesday. MARKOUR PHOTO

**Gerrith Evans**

Tequila Nightmare,  
1221 Albert Ave.

**Jeanne**

Stev's Place,  
106-10 Ruth St. East

**Riff Roff**

Buds on Broadway,  
817 Broadway Ave.

**Plane-Series: The Flying Green Trio**

The Basement,  
202 Fourth Ave., North

**Snapshot**

Nathan Lethin,  
3001 Louise St.

**Dan McConnell Band**

Army & Navy Veterans Club,  
359 First Ave., North

**Wayne Barron**

Musically Inclined,  
3330 Eighth St. East

**David Wilcox w/ Kirk Saint Louis**

Band and Blues Mates  
The Basement Events Centre,  
241 Second Ave., South

**Jessamine**

StarPlace,  
156-82 Ruth St. East

**Sunday, Oct. 13**

**Crash Krome w/ One Bad Son and  
Sensational**

The Cellar Events Centre,  
341 Second Ave., North

**Tuesday, Oct. 15**

**Joe Setrani w/ Sit Down Servant**

TCU Place,  
35 23rd St. West

**Big Dave McLean**

Buds on Broadway,  
817 Broadway Ave.

## # SPECIAL EVENTS

**play — Time for Toddlers**

Oct. 9, 9:30 a.m.-1 p.m. at Saskatoon Symphony Community Centre, 420 20th St. West. With program emcee Jennifer McAllister and lots of music, merriment and fun. Call 204-242-3013 or 204-242-3013. With program emcee Jennifer McAllister and lots of music, merriment and fun. Call 204-242-3013 or 204-242-3013.

**Alethic Moon Beer Presentation**

Oct. 9, 7 p.m. to 9:30 p.m. In the main theatre at Francis Marion University. A presentation from a representative of Alethic's Asia, the documentary film *Cages of Silence* and a reception to follow. This program reveals the efforts of the group, Alethic Asia, in their attempts to rescue Asian bears from bile extraction farms in China. Admission is free.

**Annual Family Business Day Dinner**

Oct. 9, 6:30 p.m. to 8 p.m. at the Hilton Garden Inn. In support of Canadian Association of Family Enterprise. Features a conversation with the Latrobe family: "One, Two, Three—Ready or Not! Welcome to Family Business." For tickets or information call 306-290-7838 or email [saskatco@telus.ca](mailto:saskatco@telus.ca).

**Speechreading and Inference  
for the Hard of Hearing**

Oct. 9, Nov. 13 and Dec. 1, 1:30 p.m. to 3 p.m., at Saskatchewana Deaf and Hard of Hearing Services, 3-511 First Ave., North. Hosted by the Hard of Hearing Association. For information call 306-249-5387.

**Annual Persons' Day Luncheon &  
Women's Hall of Fame Induction**

Oct. 10, doors at 11:30 a.m. and lunch at 12 p.m., in the Estevan room at the Hilton Garden Inn. Hosted by the Saskatoon Council of Women. Following the lunch, Mary Chomickay and Phyllis Fowler will be inducted into the Saskatoon Council of Women's Hall of Fame. For tickets call 306-334-8572 or 306-313-8226.

**Unlocking the Secrets: An Evening  
of Personnel Activity**

Oct. 11, 6:30 p.m. to 10 p.m. at the Western Development Museum. A presentation and discussion by personnel investigators. With Justice Jeff Richards and personnel researcher Bill Connolly, we'll learn about the technology that helps us gain evidence of ghosts and the history of mediumship.

**Pink Show**

Oct. 12, 12 p.m. to 6 p.m. and Oct.

13, 10 a.m. to 5 p.m., at the Masonic Temple, 1021 Saskatchewan Drive, Meets. Hosted by the Saskatoon Aquatic Society. Open to the public. Entry is free.

**U of S Asset Quartet**

Oct. 14, 2 p.m. and 7:30 p.m., at Third Avenue United Church. Their opening concert of the 2013-14 season. With guest violinists Arthur Eben and William Boen, cellist Hans Deason and Joel MacDanald, ad, violinist Heather Wilson and harpist/chordier Remie de Molucca. Tickets: works by Bach, Vivaldi and Mendelssohn.

**Monograph Book Sale**

Oct. 15-17, 9 a.m. to 8 p.m., at the Dennis Cultural Centre, 165 Dartmouth Ave. Hosted by The Canadian Federation of University Women. There will be thousands of books, as well as audio as well as CDs, tapes, videos and DVDs.

**Money Counting Classes — Level I**

Tuesday Oct. 15, 22 and 29, 4 p.m. to 6:30 p.m., at Grace Westminster United Church, 506 10th St. East. Hosted by the Saskatoon council on Aging and Saskatoon Home Economics. A small group of men gather to prepare meals that are simple, easy and quick to make. Many cooking experiences are based in home from living. Simple handbook prepared by Saskatoon Home Economics for adults assuming new responsibilities.

## # ART

**Mandel Art Gallery**

Oct. 12, 10 a.m. to 9:30 p.m. The Mandel Art Gallery, accompanied by Kramer Ltd., include *Revisiting Modernity*, an examination of modern and contemporary art from the 1950s to the present; and *They Made a Day* — a day in the lives of 12 young female artists across the Prairies. The *ARTS* exhibition by ARTNS Membership exhibition, Gallica, features an interactive installation representing a wheat field by Cory Montzombrey.

**What you need to know to plan your week.**  
**Send events to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)**

**The Gallery, Frances Mervin Library**  
 Until Nov. 14 at 312 Second St.  
 East. *Favourite Spaces* by Cindy Irwin-Pellerin. An opening reception will be held Oct. 10, from 7 p.m. to 9 p.m.

**Gordon Smalpove Gallery**  
 Until Oct. 10 at 11 Hartney Building at the U of S. *Seventies* by E'Lynn Oliver and Collective Properties: *Everything You Are* by Taylor Moran. A reception will be held Oct. 10, from 7 p.m. to 10 p.m.

**ARTISTS ON TOUR**  
 Oct. 7, 8 p.m. to 9 p.m., Oct. 12, 10 a.m. to 11 a.m., and Oct. 13, 10 a.m. to 4 p.m., at YCU Plaza. *Man: Man vs. 25 Western Canadian artists share their work*. Original works are on display and for sale. *Enter a show* by Jordan Schreibvold. [www.artisontour.ca](http://www.artisontour.ca).

**Rouge gallery**  
 Until Oct. 12 at 200-202 Third Ave., South. *The Pulse* trialled the heart: an exhibit showcasing many of the programs and services provided by SCMP Tossed & Lost by Marianne Habousha. Open Oct. 21 and runs to Nov. 11. Teaser: challenges people's perception of the usefulness and beauty of discarded materials.

**Galaxy on Third, Waterloo**  
 Until Oct. 16 at 233 Third Ave., South. *The Pulse* trialled the heart: an exhibit showcasing many of the programs and services provided by SCMP Tossed & Lost by Marianne Habousha. Open Oct. 21 and runs to Nov. 11. Teaser: challenges people's perception of the usefulness and beauty of discarded materials.

**Guild Hall, Guelph**  
 Until Oct. 16 at 425-100 2nd St. East. *Neverworks*. Artist: Trishelle Candi. *Shore Too Small to Trade*. Sponsored by Waterfront Arts Council. Feted! Among these new



*Build Yourself!* by Jordan Schreibvold on display at AKS Gallery

SUBMITTED PHOTO

areas are bronze casts of deer, pigs, cows and horses.

#### AKS Gallery

Until Oct. 19 at 425 2nd St. *Structure* by Melvin Colodny and built to spec by Jordan Schreibvold. Through a series of drawings and narratives that reference scaffolding, *Structure* addresses the way in which we value or undervalue space, structures and processes, and built-in seat perches different understandings of scale.

#### 330g

Until Oct. 19 at 330 Ave. G South late-day light by Robert Todd.

#### Centre East Galleries

Until Oct. 20 at The Centre.

A discursive exhibition.

City Artists, work by Barb

Wentzley, *the last tankation*

Pettens' Guild, *Multilatel*,

Debbie Rumpf, *Reactive*

Austin and displays from the

Tankation Public School

Board.

#### The Galaxy Art Placement

Until Oct. 24 at 233 Third

Ave., South. *Known by Heart*:

A life agent painting the

prairie landscape by Lorrie Russell.

#### 3L Thomas More Gallery

Until Oct. 31 at 313 College St. *Bilingual Today, French Tomorrow and Other Indicative Propositions*, an exhibition by Zoi Fortier. An obviously cheeky exhibit on the implementation of *Indicative propositions* in the construction of the past, present and inevitable apocalypse. Featuring incisive quotes from inconsequential writers, and supported by misleading and incongruous visual information.

#### Waterloo Library

Through October in Waterloo. *Autumn Splendor*: seasonal art by local artists. Sponsored by Waterloo & Area Arts Council.

#### Station Arts Centre, Guelph

Through October at 301 University Ave., Guelph. *Canadian Immaculate* by Ursula Arnald. It is an OSAC touring exhibition.

#### The Hand/Wave Gallery

Until Nov. 7 at 409 Third

the history and accomplishments of Afro Canada.

#### Black Sheeps gallery

Open through the winter at Northside Antiques on Highway 2. After dark, a group show featuring fall images and colours of the boreal forest and region.

#### # THEATRE

##### Artistry

Oct. 9-17 in the John Mitchell Building at the U of S. *A Granddad*: theatre production. Written by Sarah Bell. A re-imaging of *the Granddad* story set in North American settings. The tale of Thrymsham's descent into Hades and Gryphus's relentless attempts to bring his father back to life.

##### Belief

Oct. 10-13 and Oct. 17-20 at The Refinery. Written by Alex Bowra. A live Five Independent Theatre production. In the near future, Tarch has been quantified after testing positive for a rare lung disease. His girlfriend, Muia, who has never been infected, makes the dangerous journey across the quarantine line to be with her. Warning: strong language, adult situations and nudity. Herbal cigarettes will be on stage.

##### Water Under the Bridge

Oct. 10-11, 14-15, 18-19, 20-21 at Studio 41, 1141 51st Streetline. *Cress* East: Money, Sovereignty & Power. The Paper Company of Revolutionary War 1977-1920.

##### Defeatukka Canada Centre

Through December at 301 University St., Guelph. *The Way of the Cross*: This in-situ produced exhibit encourages visitors to look beyond the continuously surrounding the area around, and focuses on



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# FASHION YXE

## \* REGINA FASHION

### Joey Kuntz: Relaxed and refined

By Ashley Martin

Comfort is key for Joey Kuntz, but too much of a good thing can be bad for you.

The owner of U's Optical Gallery (image) is always on his island. He's always encouraging his customers to have fun and put out of their comfort zone when choosing new glasses. "I joke around with some clients saying it's not what you put on but what you can pull off."

He has the same approach to his own wardrobe. Of course, working six days a week, feeling relaxed is important. "It's just about feeling comfortable with yourself and dressing in a way that makes you feel confident. That's it," says Kuntz. "And just take a little time to put things together. It takes just as long to look good as it does to look bad."

He sticks to a standard formula of jeans, boots, dress shirts and ties for most occasions.

"It's not much different than this unless I'm partying."

**1 HAT:** Crocodile leather Trilby by English milliner J.W. Curreri. "I was dumb luck. I was Crocina leather. They have beautiful stuff, often about a week, 10 days she had it in the mail."

**2 GLASSES:** U's Optical. "If it's not just a medical item, buy it what people are seeing. It speaks a lot about the person."

**3 JACKET:** From his girlfriend.

**4 SHIRT:** Perry Ellis.

**5 VEST:** Vintage. "I fell in love with this vest because of the buttons. Soaked in leather."

**6 WATCH:** G-Shock. "I've become a fanatic about the G-Shock because they're durable. They're more rugged, more reliable, and they'll be with you longer than most of your friends. You wouldn't wear them to a formal occasion, but at least you can beat the s\*\*t out of them and not care."

**7 BRACELETS:** "I have a little girl come into the office and she says, 'You wear an awful lot of jewelry for a man.'"

**8 BAG:** Onsite. "[My girlfriend] got tired of me doing everything for my keys, my wallet, she said just get a messenger. It's actually a leather Armento bag. \$80 and it's a keeper as all hell."

**9 JEANS:** Levi's.

**10 SHOES:** Steve Madden.

Have an outfit you've styled for an upcoming event?

Send a photo to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)



"It reflects just as long to look good as it does to look bad," says Regina downtowner Joey Kuntz. (Habibah Noor/The Star Phoenix)



## # RECIPES

# Orange, hazelnuts perfect partners for haricots verts and snow peas

By Mia Stainsby

This recipe is from Valerie Osborn and Sam Tomlin's book *Orchestrating The Cook Book*. These cooks really know how to make vegetables sing. Orange and hazelnut offer a good balance of freshness and earthiness, and dijonaise is subtle enough to complement the beans without overpowering them they say in the circle book.

## Haricots Verts and Snowpeas with Hazelnut and Orange

Makes 6 servings

- 1 lb haricots verts
- 14 oz snow peas
- ½ cup unsalted hazelnuts
- 2 oranges

• ½ cup dijonaise, coarsely chopped  
• 1 clove garlic, chopped

• 2 tbsp olive oil

• 2 tbsp hazelnut oil

• Haricots sal (or sautéed mar-

garde)

• Coarse sea salt, freshly

ground

• Black pepper

1. Preheat oven to 350 F. Using

a small sharp knife, trim the

stalk ends of the beans and

the snow peas, keeping the

two separate. Bring plenty of

unsalted water to a boil in a

large saucepan. Add 1t of

salt for the beans to preserve

their colour. Blanch the beans

in the water for 5 minutes,

then drain into a colander

and run them under plenty of

cold water until cold. Leave to

drain and dry.

2. Repeat with the same pro-

cess blanch for only 2 minutes.

While beans are cooking, heat

the hazelnut oil in the oven

for 10 minutes. Leave until

cool enough to handle, then

shake them in a clean kitchen

towel to get rid of most of

the skin. Chop the nuts with

a sharp knife. They should be

quite rough, wise can even

whole whole.

3. Using a vegetable peeler,

remove the rind from the or-

ange in strips, being careful

to avoid the bitter white pith.

Slice each piece of zest into

very thin strips (a citrus zester

could do the whole job).

4. To assemble the dish, mix

all the ingredients together

in a bowl, taste gently, then taste

and adjust the seasoning.

Serve at room temperature.

**Photo credit:**



Orange and hazelnut offer a combination of freshness and earthiness, and flavor are subtle enough to complement the beans without overpowering them, say chefs Valerie Osborn and Sam Tomlin of *Orchestrating the Cook Book*.



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## # ASK ELLIE

# Cheating woman deceiving no one but herself

**Q** I recently checked on my boy friend of five years, with a guy I know for 10 days. He is strange about it, because I was very interested in that guy who pursued me.

He left for business about 1,000 miles away. He says he's coming back for work in a few weeks and wants to see me.

I'm almost positive that guy used me as a hooky end. I never went in to look at that dark, sleazy place again.

But I do want to see him face to face. I want to be friends with him but I don't want things to get repeated by having sex with him every time. How should I handle this?

**Body in Maine**

**A** Are you trying to feel me or just yourself? Or, play two roles by fooling your boyfriend, too?

We're exposed, no memory's regrets about cheating on him, just upset at thinking you were used. You're also fulfills your desire to see Body Man again, or seeking "friendship."

**Ask Ellie**

Get honest with yourself. You know he'll put you another quick hit, and you're making a long relationship to that route again.

The above shows on both sides, unless you. Do use them as a sign that you don't want to be with your boyfriend any longer and break off cleanly, or try those accept being a booty call, in a single woman who clearly is still attracted to that guy.

**Q** My common law partner of five years and I have both to: He owns the house, pays the mortgage and bills, I pay for groceries for us and his teenage daughter, and the heating bill (about half what he pays).

**I** feel like I am a freebee since only his name is on the property.

He feels I should pay more per month (though my income's significantly lower) and that it's a privilege to live here. But he's been paying all his bills & I've paid mine.

**What's Fair?**

**A** If common-law rules in your jurisdiction allow you a share of the house or support if you split, that's a financial factor to consider. Talk to a financial advisor since you know the legal facts.

**B** But FIRST look closer at the relationship. His money grab appears petty since he earns much more. Most womenmen act has "privilege" moment - you're either both lucky to be together or not.

**Q** I've only known my boyfriend for two months and we started dating almost a month ago.

He has all the qualities that I appreciate in a partner, however, I'm slightly put off by his extreme religious views. I explained to him you

recently defined as atheist! That I'm spiritual rather than religious.

He grew up in a strict religious household and that it's a privilege to live here. But he's been paying all his bills & I've paid mine.

**What's Fair?**

**A** He's decided to implement rules of being his girlfriend, which includes some unrealistic expectations of me.

Although we talk about this all the time, and he continuously tells me there's no pressure, I feel it's becoming too overwhelming.

I also realize that we got into a relationship quickly before truly getting to know each other.

He's an amazing person, but I'm afraid that the extreme religious views would affect our relationship.

I'm starting to doubt the longevity of our being together and wonder if I should just end things before it gets too serious.

**Steamed**

**A** As healthy check. You ARIE being

pressured to convert. This will continue until you agree to do so.

The "rules" will get stricter. Be cause you're dealing with a中国传统 (Note: I do not know which death he follows, but "extremism" in any faith calls for strict adherence, and others involves constant checks and monitoring of the outside's compliance, to ensure that you're not straying)

Unless you had voluntarily decided to embrace his faith, it's cause whining and will consume much of the relationship.

End that quickly. The longer you leave it in the same hurt and offended he'll be, because he'll feel you're rejecting his beliefs, not just him.

Be diplomatic but firm. Say that you didn't know each other long, or well, and you realize he needs a true partner in his faith, which you can never be.

If he persists, cut off contact. This was a cash relationship and you need to end its intimacy.



## Next week in BRIDGES

Basketball guru Michael Linklater is breaking records and stereotypes

# OUTSIDE THE LINES

## # Colouring contest

Each week Stephane McKee creates a template that will inspire kids of all ages. Children can colour the page and email it to us at [stepha@phoenix.com](mailto:stepha@phoenix.com). One winner will be chosen each week.

Please send entries by Monday at 9 a.m.

Last week's contest winner is **Ashley Moon**. Thanks to everyone who submitted entries!



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# GARDENING

## # FALL WEED CONTROL

## How to get a head start on controlling weeds

By Erl Svendsen

In early spring, some weeds begin flowering before all the snow has disappeared. How can this be?

Many of these spring-flowering weeds belong to the winter annuals group. Unlike the annuals we usually encounter and grow on purpose, the life cycle of winter annuals is often by fire or six months. They germinate in the early fall and produce leaves during times in a compact, low-profile that conserves energy. As soon as the snow melts, they are ready to grow faster and set seed early in the year, while temperatures may be cool so the seeds are more durable than to do the same.

They produce an abundance of seed, guaranteeing future generations. Since their start growing so early, they rob the soil of nutrients and water that would otherwise nurture your yard and garden plants.

One danger winter annuals face is that fall conditions may be too dry to germinate, but most weed seeds are very resilient and hardy, and will take their time in the ground until a more favourable year. The other risk is with extreme low winter temperatures combined with little snow cover; they may die over winter. But the result, however, plants are tough and the benefit of developing what is little competition for space, water and light and nutrients outweighs the risks.

The best time to control winter annuals is before they have had a chance to flower and set seed. Since they flower and set seed quickly, trying to control them in the fall.

Weeds are opportunists and will come back around rather than dying for space as a crowd. Covering bare ground in a flower bed with mulch does an excellent job of prevention. There may be a few weeds that get established on the surface, but they should be easy to remove. Mulch also acts like a smothering blanket, preventing existing weed seeds in the soil below from germinating.



The winter annuals also known as "self-sowers." PHOTO COURTESY STEVE DOWNEY

Close-up of winter annual weeds, the sheep's foot. PHOTO COURTESY JAH BARKER

Keeping your lawn healthy and thick helps to prevent weeds from getting established. Although, with a high enough weed pressure from outside your yard, it may be too late for herbicides to have the impact desired despite your best efforts.

Most herbicides work best when temperatures are above 15 C. The lower the temperature, the lower the plant's metabolic activity. Too low and both humans and plants simply do not absorb enough chemicals to cause

damage. So depending how late you have left things, it may be too cool for herbicides to have the impact you're hoping for.

That leaves the only other option: elbow grease. In a garden, you can get away with using a hoe or cultivator. But in the lawn and mulched flower beds, you are limited to using a trowel or other small digging tool. The good news is that the weeds should be small with a small root

system making them relatively easy to remove.

### Common winter annual weeds

- Common chickweed
- Sheep's foot
- Common groundsel
- Henbit
- Nightblooming catchfly
- Narrow-leaved buck's beard
- Flaxseed
- Shepherds purse

"For descriptions of these and other common Saskatchewan weeds and specific control methods, go to [www.saskatchewan.ca/govt/agriculture/govt/enr/weed/](http://www.saskatchewan.ca/govt/agriculture/govt/enr/weed/), and search for (1) Weed Identification Guide; (2) Urban Guide to Weed Control; (3) A Guide to Reducing the Concrete Use of Herbicides in Soil Irrigation."

This column is presented by the Saskatchewan Pest and Weedy Plants Council.

# SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # SASKATCHEWAN'S BEST SPACES

### Yard has blossomed since owner's childhood

By Ashley Martin

#### WHO? Ide Claude

**WHAT?** The backyard of her north Regina bungalow.

**WHEN?** Claude moved back into this house 11 years ago. The house belonged to her parents and she grew up here.

The yard was nothing like it is today. The space was an all-dirt mechanical paradise, with cars always parked awaiting work.

"We'd dig up old bolts and pieces out of the dirt," she says.

She wanted to create an oasis for herself and started two long-on-the-job-the-first-morning

**HOW?** It started with little flower beds near the house and fence, which is made of wood from pallets. Claude got "Vimmy Crocier" from a friend at her workplace and things expanded from there.

"It wasn't big enough, so it just grew and grew and every year there's a different change coming on."

This year almost all of the flower beds were done in pink, her favorite color.

She's always on the lookout for decorative accents. The yard is full of little statues. "I have frogs, fishes and I just started with penguins the last couple years."

One special statue is of a shitzu in honor of her deceased dog.

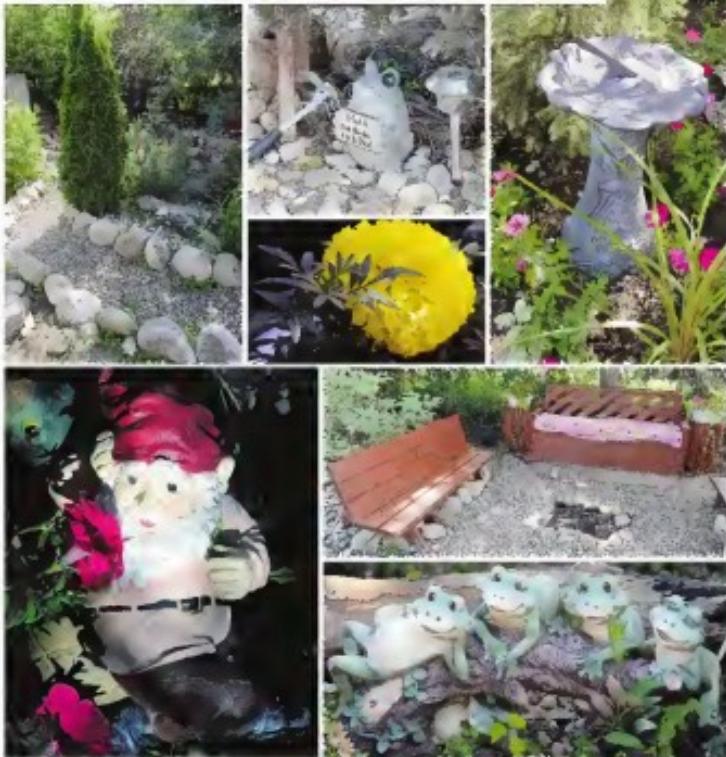
The seedlings she's wild cherry plum and chokeberry trees provide a variety of scenery around the rock paths that enclose the yard. She adds a touch of whimsy, though, and the jet way is repurposed from an old sail.

The space is a constant work in progress. Claude wants to finish the back end of the yard where she's putting a massive set of garden-style steps. She's also trying to tear down the old fence and replace it with something she's uncertain whether to install a gopher or a swimming pool at the next stage.

**WHY?** Even though maintaining a large yard is a lot of work, it pays off when Claude can wind down and write poetry on her favourite bench in the shade of the pine tree.

"It's just relaxing."

**IMAGE PHOTOS BY BRYAN SCHLOSSER**



# SPACES



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# SHARP EATS

See a food trend you think deserves a highlight in Bridges?

Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)  
or visit Bridges on Facebook.

# DINNER FOR ONE

## Zucchini Eggplant Lasagna is a healthy alternative

By Jenn Sharp

I've embarked on an eight-week nutrition challenge with a group of food-savvy friends. Like all challenges worth doing, it's easier said than done.

In this one, we eliminate basically everything (dairy, dairy, wheat, legumes, starchy vegetables, high sugar fruits) for two weeks, then add in a new food group each week. We will keep track of our energy and weight levels, along with how our body reacts — both in the two-week detox and in the new foods. It is amazing what your body will tell you if you listen to it.

The problem, for me at least, has been finding "challenge friendly" dinners that also hit the marks for craving that inevitably surfaces with it. Hence my take on the classic pasta and cheese lasagna dish. This version was adapted from my best-seller *Raw Food for  
Courthouse Recipe*.

I often encourage a whole lot when I cook. Like to throw in whatever fruits or veggies might make it go. I am used to giving accurate quantities for the ingredients but if you are unsure, add a little more or a little less to suit your own taste.

I know many others also have the challenge of cooking for one. In a past column, I asked what about doing one alone (perhaps I have done so myself) that this time, it's definitely worth it cooking for one.

This recipe makes a big pan of lasagna, but that's good. Slow you down! And you can freeze individual portions for quick lunches or dinners. Plus, if you had a surplus of zucchini or tomatoes in your garden, this recipe is a great way to use them up.

This dish is packed full of vegetables — if you get a group once cooked but the zucchini and eggplant give it a nice dense texture. Let it stand for at least 15 minutes after you take it out of the oven. Soft cheeses allow our own microbiome to do its job helping to break down proteins and enzymes — you can do this yourself using aged Manchego or Parmesan.

The prep time on this is about 30 minutes then there needs to bake almost an hour so it's definitely not something to whip up after work when you're starving. However, I find cooking to be very therapeutic — a nice way to unwind after a long day. So when you have the time and the energy it's definitely worth the effort.

Are you cooking for one? What are some of your favorite recipes? I'd love to hear them! [www.starphoenix.com/forher/sharpeats](http://www.starphoenix.com/forher/sharpeats)



The perfect fall comfort food, this lasagna is full of vegetables and flavor. BRIDGES PHOTO BY JOHN SHARP

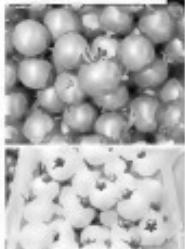
### Zucchini Eggplant Lasagna

- > 200 green ground chickpea or turkey ground meat (you can also use extra lean ground beef)
- > 1 large yellow bell pepper, diced
- > 1 medium zucchini
- > 1 medium eggplant (like the long thin ones, only because you can cut smaller slices)
- > 1 large red onion
- > 1 green pepper
- > 1/2 cup nutritional yeast
- > 1/2 cup green onions, minced (garlic powder works well here)
- > 1 can tomato sauce (150g)
- > 1 jar tomato sauce (750g Blue Moon's homemade and fresh sauce — if you have any ripe garden tomatoes left, chop them up and add them in too!)
- > 1 to 2 tbsp. fresh or dried basil, thyme, dill, oregano (whatever you like and/or have on hand)
- > 2 tbsp. fresh ground pepper
- > 2 tbsp. sea salt
- > 1 lb (500g) lean Italian bread cheese

- > 2 eggs
- > 1/2 cup goat cheese
- > Grated Parmesan or Mozzarella cheese

#### METHOD

- > Preheat oven to 350 C
- > Cut zucchini and eggplant into thin slices, set aside. Finely chop onions, green pepper, and nutritional yeast.
- > Add onion and half the garlic to a frying pan heated with olive oil or coconut oil. Heat until onions become translucent then add the green peppers and mushrooms. You can also add the green onions and mushrooms in a separate pan with 1/4 cup of water while the onions cook. Then add it all together. Remove vegetables from pan and set aside, covered.
- > Add meat to pan with the parmes that you set aside. Cook until heated evenly through and no pink remains. Don't overcook. Add vegetables along with herbs, pepper and salt. Mix thoroughly.
- > Move entire mixture to a Dutch oven or soup pot and keep at low heat. Add tomato sauce, to taste (use real fresh tomatoes). Mix thoroughly and allow to simmer while you prepare the cheese.
- > Stir par of Ricotta with two eggs in a mixing bowl. Pour the ricotta you'll be using for the top-in have your goat cheese ready. I had it work best if I set up an assembly line for the lasagna layers. Place your pot of chicken and rice casserole in the bottom of a 9x13" pan. Add a layer of cheese on top, then a layer of ricotta with a single ladle and spread evenly.
- > If the chicken/ricotta mixture is your first layer on the pan, follow that with a thin coating of the Ricotta cheese, then layer the eggplant and zucchini to cover the cheese mixture (this is your middle layer). Repeat. Top it off with your cheese of choice.
- > Bake covered for 30 minutes. Remove from oven and bake for another 30 to 40 minutes. Let stand for 30 minutes before you slice it. Enjoy!



Fresh Saskatoon Farmers' Market produce. BRIDGES PHOTO BY JOHN SHARP

# WINE WORLD

ROBERT MURRAY

**Let's stop all the hating  
with a Riesling for all ages**

By James Romanow

Resling is one of those wines that gets no respect. No one burns women over the age of 30 inadvised to drink it without comment. And even then, it's likely somebody will make a face behind her back.

To remedy this enormous error some varieties in hot countries like California and Australia have taken to harvesting their Riesling a little less ripe than 2nd skin line. The resulting wine tends toward a citrus profile that is safely dry for most modern taste and satisfies Riesling addicts, at least a little bit.

My only beef with this plan is that the above mentioned constituents are neither addicted to wine nor can they afford the necessary changes for the stuff. Some of this is simply real denial — benighted boozies who don't know any better etc — but at least a part of it is foolish. At some point probably sooner than I can imagine, the tide will turn again.

In any event, Robert Mondavi, a bell weather producer acquired some property on the Delta Coast that is being dedicated to cool climate grapes. They have a relatively inexpensive Riesling here in the style beloved by California. I don't mind the style although I prefer the more traditional Rieslings out of Germany like the Alman von Cossatot.



The bouquet is a 'Sal' Bardi, and the palate quickly tart with good citrus flavours and a touch of many exotic fruits that makes me wonder if they coated 18 per cent of the crepe and liberally. It is. Regardless of the ventilation, this is a nice crepe that will appeal to any number of people well under the age of 60.

Robert Mandan: Private Selection Rating USA, 2011. 518 \*\*\*  
More was in Monday's paper and on Twitter @drboomer.

## Crossword/Sudoku answers

8	9	2	4	3	1	5	6	7
5	7	3	2	9	6	8	1	4
6	1	4	5	7	8	9	2	3
3	5	8	6	1	2	4	7	9
7	2	9	3	5	4	6	8	1
1	4	6	7	8	9	2	3	5
9	6	5	1	2	3	7	4	8
2	8	1	9	4	7	3	5	6
4	3	7	8	6	5	1	9	2

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**United Way**  
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Charitable Fund

United Way of Saskatchewan and Area welcomes the 2013 Loured Representative team. This energized group has joined United Way in support of the 2013 Community Campaign. Thank you to the Loured Representatives and their sponsoring employers for the outstanding commitment!



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DOI 10.1111/joes.12080

# 49TH ANNIVERSARY SALE

**Sinclair Soundpad Mini**

- Built-in Subwoofer
- Bluetooth
- FM Radio
- 5.10" speaker
- Reverb



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**JBL Bluetooth-enabled Sound Bar**

- 100 watts (total) per power
- 200 watts (total) subwoofer
- 4 x 100W speakers
- Bluetooth



Sale \$599

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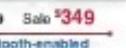
- 3 microphones with built-in remote receiver
- 200 watts (total) speaker system
- 100 watts (total) subwoofer
- Bluetooth
- Easy remote control



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**Sinclair Soundpad**

- Build-in Microphone
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- Reverb
- Two 5" Hybrid Drivers



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**Sony Surround Sound Bar**

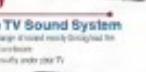
- 100W (total)
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- High Sound
- Reverb



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- Wireless subwoofer



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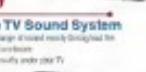
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- USB port to connect other devices
- Reverb
- PlayStation 3/4



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- Surround sound
- Surround sound
- Surround sound



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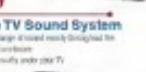
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- Surround speakers



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